

## **MENU OF INSTALLATION TRAINING COURSES**

The Army promotes resiliency through the Ready and Resiliency Campaign. The Campaign integrates and synchronizes multiple efforts and initiatives to improve the readiness and resilience of the Total Army-Soldiers (active duty, Reserve, National Guard), Army civilians and Families. Ready and Resilient will build upon mental, physical, emotional, behavioral and spiritual resilience in our Soldiers, Families and Civilians to enhance their ability to manage the rigors and challenges of a demanding profession. At the heart of this initiative is a focus on building the personal as an enabler to achieving enhanced performance, which directly links to the increased readiness of the individual, their unit and the Total Army.

The Fort Rucker Family Resiliency Working Group created the Menu of Training Courses to provide a comprehensive guide to all the training opportunities on the Installation. This guide will provide basic information for courses such as course description, who can take the course, how long the course lasts and points of contact for each course. Our hope is that if you identify a need in your life that can be addressed through one of these courses, that you will contact the organization and sign up for one of our many training opportunities here on Fort Rucker.

## **EMPLOYMENT**

### **Name of Course: Employment Readiness Program Orientation Session**

**Description of Course:** This session is designed to introduce participants/attendees to the various services offered by the Employment Readiness Program, to include: the job hunt (basics), NAF/AF employment opportunities (where to look), the steps in the job search (a la ERP), and the basics of résumé preparation and job interview strategies. This is rounded-out with a basic Q&A session with the attendees.

**Who is eligible to attend course:** AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

**Length of course:** 2 hours

**Schedule of course offering:** These sessions are offered on a bi-weekly basis.

**Any responsibilities incurred by completion of course:** There are no responsibilities incurred by session participants. Participation in this session establishes attendees as ERP Clients.

**Contact information:** 334-255-2594

### **Name of Course: “Ten Steps to a Federal Job®” Workshop**

**Description of Course:** This informative and interactive workshop focuses on the ten basic steps federal jobseekers should follow to land that “best fit” civil service or NAF job, minimizing frustration in the process. Starting with a flyover of occupational specialties found with federal government agencies, the workshop moves to a discussion of keyword usage, the development of an “outline format” USAJOBS.gov

résumé, navigating the USAJOBS.gov application “maze”, follow-up of an application packet, and is capped-off with an interviewing skills and strategies overview/refresher. The workshop concludes with a Q&A session with participants.

**Who is eligible to attend course:** AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

**Length of course:** Approximately 3 hours

**Schedule of course offering:** These workshops are offered on a quarterly basis

**Any responsibilities incurred by completion of course:** There are no responsibilities incurred by session participants; participants are free to contact the ERP Manager for further assistance with their USAJOBS.gov résumés and/or federal career counseling.

**Contact information:** 334-255-2594

## **FINANCE**

**Name of Course:** Financial Peace University

**Description of Course:** A biblically based training series for adults that integrates video teaching, class discussions, and small group activities. Some topics covered in the series are cash flow planning, investing, saving, credit, retirement, and giving.

**Who is eligible to attend course:** Military Couples

**Length of course:** 9 weeks

**Schedule of course offering:** Semesters: fall/spring. Contact your unit Chaplain.

<http://www.daveramsey.com/fpu>

**Any responsibilities incurred by completion of course:** None

**Contact information:** Contact your unit Chaplain

**Name of Course:** Financial Well-Being

**Description of Course:** This interactive presentation will provide attendees with an opportunity to discuss selected personal financial management topics with an accredited financial counselor. Topics include: Definition of “Financial Well-Being”, the Four Elements of “Financial Well-Being”, Living Within One’s Means, Attitudes Towards Money, Financial Goals, Peer Influence and Marketing Related to Spending, Needs Versus Wants, Willingness to Delay Purchases, and Willingness to Invest for the Future.

**Who is eligible to attend course:** Anyone

**Length of course:** Less than 2 hours

**Schedule of course offering (monthly/quarterly/by request):** By request

**Any responsibilities incurred by completion of course:** None

**Contact information:** 334-255-9631

## **RESILIENCY**

### **Name of Course: Family Resilience Training**

**Description of Course:** Comprehensive Soldier and Family Fitness seeks to educate Soldiers, Family members and DA civilians to overcome hardships and adverse events, bounce back and grow stronger in the process. Offers tools and resources to members of the Total Army to help them be more self-aware; thus providing the ability for self-development and self-improvement.

**Who is eligible to attend course:** Family members and Civilians plus Soldiers on a space available basis, may attend the training.

**Length of course:** Mini-workshops: 1 ½ hrs; Quarterly Full Training: 12-16 hrs

**Schedule of course offering:** By request

**Any responsibilities incurred by completion of course:** No responsibilities incurred by participants.

**Contact information:** 334-255-3735

### **1. Name of Course: Family Resilience Training: Resilience, MRT Competencies & Hunt the Good Stuff**

**Description of course:** Grow and thrive in the face of challenges and bounce back from adversity. Build core competencies that enable mental toughness, optimal performance, strong leadership, and goal achievement. Counter the negativity bias, create positive emotion, and notice and analyze what is good.

### **2. Name of Course: Family Resilience Training: Goal Setting**

**Description of course:** Understand the key components of the 7-step goal setting process and practice the skill so it can be used independently to plan for achieving personal and career goals.

### **3. Name of Course: Activating Events, Thoughts & Consequences (ATC)**

**Description of course:** Identify your thoughts about activating event and the consequences of those thoughts.

### **4. Name of Course: Avoiding Thinking Traps**

**Description of course:** Identify and correct counterproductive patterns in thinking through the use of Critical Questions.

### **5. Name of Course: Detecting Icebergs**

**Description of Course:** Identify deep beliefs and core values that fuel out-of-proportion emotion and elevate the accuracy and usefulness of these beliefs.

### **6. Name of Course: Problem Solving**

**Description of Course:** Accurately identify what caused the problem and identify solution strategies.

### **7. Name of Course: Put It In Perspective (PIIP)**

**Description of Course:** Stop catastrophic thinking, reduce anxiety and improve problem solving by identifying the worst, best and most likely outcomes of a situation.

**8. Name of Course: Identify Strengths in Self & Others / Challenges & Leadership**

**Description of Course:** Participants will identify their top strengths and top strengths of others and learn to use these strengths to overcome challenges and build effective teams. Identify Character Strengths in yourself and in others to improve teamwork, overcome challenges, and to be the most effective leader you can be.

**9. Name of Course: Assertive Communication**

**Description of Course:** Communicate clearly and with respect. Use the IDEAL model to communicate in confident, clear and controlled manner.

**10. Name of Course: Active Constructive Responding (ACR) & Praise**

**Description of Course:** Respond to others to build strong relationships and use praise to build mastery and winning streaks.



**RELOCATION READINESS**

**Name of course: Overseas Workshops**

**Description of course:** This class prepares Soldiers and Families who will be making a permanent change of station move to Korea/Alaska/Germany/Hawaii/Japan.

**Who is eligible to attend course:** Soldiers, Family members and Civilians may attend the training.

**Length of course:** By request on Wednesdays at 1000 or 1430: 1 hr

**Any responsibilities incurred by completion of course:** No responsibilities incurred by participants.

**Contact information:** 334-255-3735

**Name of course: Sponsor Training**

**Description of course:** This class prepares Soldiers, Civilians and spouses who will serve as sponsors for arriving Soldiers, Civilians and Families. Participants will learn how to make a newcomer feel welcome and a part of the team. Soldiers will learn what their responsibilities are as a sponsor according to AR 600-8-8. Participants will learn what their role as a sponsor is before, during and after the newcomer has arrived.

**Who is eligible to attend course:** Soldiers, Civilians and Family members may attend the training.

**Length of course:** 45 minutes

**Schedule of course offering:** Every Wednesday at 0900 in Bldg 5700 RM 371B

**Any responsibilities incurred by completion of course:** Soldiers will be assigned an inbound Soldier; Civilians will be assigned an inbound civilian; families may volunteer to sponsor an inbound Family member. Newcomers are assigned sponsors from their units/organizations.

**Contact information:** 334-255-3735



### **RELATIONSHIPS/ MARRIAGE**

**Name of course:** Oxygen for Your Relationships

**Description of course:** Oxygen for Your Relationships is a marriage-saving program that brings these two vital elements to a couple. Our desire is to stem the tide of destructive relationships and develop an environment where children can flourish.

**Who is eligible to attend course:** Military couples

**Length of course:** One and two trainings are available.

**Schedule of course offering (monthly/quarterly/by request):** See your Unit Chaplain.  
<http://www.oxygenforyourrelationships.com/>

**Any responsibilities incurred by completion of course:** None

**Contact information:** Contact your Unit Chaplain

**Name of Course:** ScreamFree Classes

**Description of course:** ScreamFree is directed by IMCOM OPORD 13-086: Parenting-Healthy Marriage Training. ScreamFree classes are 90 minute classes to Soldiers, Family Members and Installation Staff on tools and skills to help build stronger, more resilient Families. For example, ScreamFree Parenting classes will assist participants in developing communication skills to assist in the reductions of child abuse incidents installation wide. ScreamFree classes will connect Soldiers and Family members to resources on the installation to continue their education on developing and maintaining a healthy family; including take home curriculum material. Plus, the Parenting Your Teenager component will equip parents with the knowledge and skills to effectively prepare their teenagers for the transition into adulthood. It can also assist parents in becoming calm authorities in the home and enhance the leadership and relationships skills of Army Families currently raising teenaged children. ScreamFree Marriage can help to decrease tension-filled arguments and domestic violence.

1. **ScreamFree Marriage** (This is also offered through the Chaplains and ASAP)
2. **ScreamFree Parenting**
3. **ScreamFree Parenting Your Teenager**

**Who is eligible to attend course:** Family members, Civilians and Soldiers may attend the training.

**Length of course:** 90 minutes

**Schedule of course offering:** By request

**Any responsibilities incurred by completion of course:** No responsibilities incurred by participants.

**Contact information:** 334-255-3246 or contact your Unit Chaplain

**Name of Course: Strong Bonds**

**Description of course:** Strong Bonds is a unit-based, Chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training. Chaplains are trained on a variety of subjects:

- **The Five Love Languages**
- **Family Wellness**
- **PREP, Got Your Back**
- **PREP, Fearless Marriage**
- **LINKS Marriage**
- **PICK, How to Avoid Falling for a Jerk or Jerkette**
- **PREP for Strong Bonds Marriage**
- **7 Habits of Highly Effective Military Families**

**Who is eligible to attend course:** Soldiers, Spouses and Family members. Type of training (Singles, Couples and Families) determines who can attend.

**Length of course:** One and two day programs are available.

**Schedule of course offering:** See your Unit Chaplain. <https://www.strongbonds.org>

**Any responsibilities incurred by completion of course:** None

**Contact information:** Contact your Unit Chaplain



## **PARENTING**

New Parent Support offers the following classes on a regular basis (registration is required and can be completed by calling New Parent Support at 334-255-9647/3359/9805):

**Course name: Baby Led Weaning**

**Course Description:** This course is designed to teach participants nutrition guidance for nursing mothers, how to introduce solids foods, baby led weaning (BLW), gentle weaning tips, and how to introduce your baby to solid foods in a natural way, skipping mushy baby foods and giving them table food right from the start.

**Who is eligible to attend this course:** Expectant parents and those with young children are invited to attend this course. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

**Length of course:** 2 hours.

**Schedule of course offering:** 2 times a year

**Responsibilities incurred in completion of course:** There are no responsibilities incurred as a result of course completion.

**Name of course: Today's Mom Nutrition Workshop**

**Description of course:** This is a free 5 class workshop series presented by Expanded Food and Nutrition Education Program- Alabama Cooperative Extension System in collaboration with the ACS Family Advocacy New Parent Support Program. Attendance at the initial class is required to participate in the entire series. Free take home items are provided at each class, along with games and recipe tastings. Registration is required.

**Who is eligible to attend the course:** Expectant parents and those with young children are invited to attend this course. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

**Length of Course:** 2 hours daily for 5 days.

**Schedule of course offering:** Annually

**Responsibilities incurred by course completion:** There are no responsibilities incurred as a result of course completion.

**Name of course: Feeding Your Child (Birth to Age 5)**

**Description of course:** Participants will learn what, when, and where to feed your child to prevent mealtime struggles and how to promote a lifetime of healthy eating. Specific topics include tips for developing healthy eating habits, converting picky eaters, how to avoid food battles, and recipes. Free take home items are provided. Registration is required.

**Who is eligible to attend the course:** Expectant parents and those with children age 5 and younger. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

**Length of course:** 2 hours

**Schedule of course offering:** 2 times a year

**Responsibilities incurred by course completion:** There are no responsibilities incurred as a result of course completion.

**Name of course: Infant and Child CPR**

**Description of course:** This course offers training in CPR specifically targeted to save the lives of infants and children. It is presented by New Parent Support in collaboration with the American Red Cross. The course is free, but registration is required.

**Who is eligible to attend the course:** All parents and those desiring to work with children or infants. The course is open to Soldiers, Retirees, Civilian employees, and their Family members. Limited to the first 12 enrollees. American Red Cross Card is optional and costs \$19.00

**Length of course:** 4 hours

**Schedule of course offering:** Quarterly

**Responsibilities incurred by course completion:** There are no responsibilities incurred as a result of course completion.

**Name of course: Infant Massage**

**Description of course:** Attendees will learn techniques that promote stronger bonding and attachment between the parent and their baby, how to enhance sense of love, respect, and trust among family members, how parents can better read infant cues, how to increase your confidence in parenting, how to increase communication between you and your baby, how to strengthen your parenting skills, and how to build a stronger family foundation through understanding, positive communications, and touch. Babies who receive massage will do better on neurological assessment scales, experience improved growth and development, experience reduced stress and improved relaxation, and strengthen their digestive, circulatory, and gastrointestinal systems which can lead to weight gain. They will also experience reduced blood pressure, and improved muscle tone and coordination. Class size is limited. Registration is required.

**Who is eligible to attend the course:** Recommended for parents of children 2 years and younger as well as expectant parents. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

**Length of course:** 2 hours

**Schedule of course offering:** Quarterly

**Responsibilities incurred by course completion:** There are no responsibilities incurred as a result of course completion.

**Name of course: Baby Sign Language**

**Description of course:** Attendees will be taught how to communicate with their child and avoid frustrations associated with language development.

**Who is eligible to attend the course:** All Soldiers, Retirees, Civilian employees and their Family members

**Length of course:** 2 hours

**Schedule of course offering:** 2 times a year

**Responsibilities incurred by course completion:** There are no responsibilities incurred as a result of course completion.

**Name of course: Car Seat Safety**

**Description of course:** The New Parent Support Program (NPSP), along with a Certified Child Passenger Safety Technician (CPST), will conduct a Car Seat Safety Class. This is to provide parents with car seat safety information, address regulations regarding weight/height restrictions and age limits on car seats. CPST will also instruct on how to properly install each car seat for maximum safety.

**Who is eligible to attend the course:** Expectant parents and those with young children are invited to attend this course. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

**Length of course:** 1 hour

**Schedule of course offering:** Quarterly

**Responsibilities incurred by course completion:** There are no responsibilities incurred as a result of course completion.



**Name of course: Expectant Parent**

**Description of course:** Attendees will participate in a 3 part series class. The first class will cover labor and delivery. The second class will cover breastfeeding and the third class will cover newborn care. Fathers and Partners are encouraged to attend.

**Who is eligible to attend the course:** Expectant parents are invited to attend this course. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

**Length of course:** 2 hours a day for 3 sessions

**Schedule of course offering:** 2 times a year

**Responsibilities incurred by course completion:** There are no responsibilities incurred as a result of course completion.



## **MENTAL AND PHYSICAL HEALTH**

**Name of course: Cognitive Sleep Therapy Program**

**Description of course:** For those having difficulty falling, staying, initiating sleep, do not feel rested upon awakening or feel sleepy throughout the day. Three session times are offered the 1st and 4th week of the month.

**Who is eligible to attend course:** Active Duty Soldiers, Family, Civilians, and Retirees

**Length of course:** 4 weeks

**Schedule of course offering:** 1st week – M, W, or F 0800-0930

4th week- M, W or F 1400-1530 (Lyster Army Health Clinic)

**Contact information:** LAHC 334-255-7028

**Name of Course: ACE-SI –Ask, Care, Escort-Suicide Intervention**

**Description of course:** This training is a once in a career course for all Junior Leaders and first line supervisors. ACE-SI focuses on early detection of the warning signs and risk factors as well as resources in order to make appropriate referrals

**Who is eligible to attend course:** Soldiers and Civilians

**Length of course:** 4 hours

**Schedule of course offering:** Each class will be at the Commons BLDG 8950 from 0800-1200, civilian clothing preferred.

**Contact information:** 334-255-7919

**Name of Course: ASIST-Applied Suicide Intervention Skills Training (ASIST)**

**Description of course:** This training is for Gatekeepers and is offered quarterly. Gatekeepers are defined as individuals who through their daily position are most likely to come in contact with a person at risk for suicide. ASIST better prepares individuals to respond to the immediate needs of a person at risk.

**Who is eligible to attend course:** Soldiers and Civilians

**Schedule of course offering:** Each class will be at the Commons BLDG 8950 from 0800-1200, civilian clothing preferred.

**Contact information:** 334-255-7919

**Name of Course: Diabetes Basic Program**

**Description of course:** The program consists of four education classes in which you will learn to identify your individual focus areas needed to control your diabetes, to manage your glucose, to decrease complications related to abnormal glucose, and to update you on the newest diabetes care guidelines. The four lessons are taken over a 2 to 4 month period

**Who is eligible to attend course:** Active Duty, Retirees and Family members

**Schedule of course offering:** Thursdays 900-1200 (Lyster Army Health Clinic)

**Contact information:** 334-255-7986

**Name of course: Healthy Heart Classes**

**Description of course:** It is one 2-hour class that focuses on goals for blood pressure and lipids and controlling fat and sodium in the diet.

**Who is eligible to attend course:** It is for patients with hypertension and/or dyslipidemia (high cholesterol/high triglycerides).

**Schedule of course offering:** Second Wednesday of each month 9:00-11:00am.

**Contact information:** 334-255-7986

**Name of course: Mindfulness Based Stress Reduction (MBSR)**

Behavioral Health Department

**Description of course:** Designed for anyone seeking a sense of calm, and to learn to quiet the mind. MBSR is a blend of meditation, body awareness, and yoga; learning through practice and study how your body handles (and can resolve) stress neurologically. Through this MBSR course, an individual will learn skills that can increase their ability to: cope with stress, pain, and the challenges of everyday life, deal with disturbing events with grace and compassion, and be fully present and alive in this moment. Consists of four weekly sessions each month. Each class is approximately one hour.

**Who is eligible to attend the course:** Active Duty, Retirees and Family members and Civilians

**Length of course:** 8 week course

**Contact information:** 334-255-7028

**Name of course: Tobacco Cessation Program**

**Who is eligible to attend course:** Active Duty, Retirees and Family members and Civilians

**Schedule of course offering:** Tuesdays at 1400

**Contact information:** 334-255-7930

**Name of course:** Yoga

**Who is eligible to attend the course:** open to all (free)

**Schedule of course offering:** Lyster J-100 Activity Room  
Mondays, Wednesdays and Thursdays at 1145

**Name of course:** Fit for Performance

**Description of course:** This is a weight control program that consists of six sessions taken over a 6 to 12 week period. Attending one session every 1-2 weeks is recommended. Patients must attend session 1 first and session 6 last. All other sessions may be taken in any order. At least one individual visit with a Registered Dietitian is also included in this program. Private weight and body composition measurements will be obtained at each class. Measuring will begin 30 min before each class.

**Who is eligible to attend course:** Active Duty, retirees and family members

**Schedule of course offering:** Tuesdays at 0900-1100 or 1300-1500 (Lyster Army Health Clinic)

**Contact information:** 334-255-7986

**MILITARY FAMILY LIFE COUNSELOR (MFLC) COURSES**  
**(By Request)**

**Contact Information:** ACS 334-441-9369

**110<sup>th</sup> AVN BDE 334-379-6429**

**WOCC 334-379-6453**

**1<sup>st</sup> AVN BDE 334-379-6440**

**TAOG 334-369-8556**

**1. ANGER MANAGEMENT**

**Audience – Adults**

A Guide for Helping Children Manage  
Anger C0098

Anger Management A0083

Anger Management from Combat to  
Home AM0002

Anger Management for Teens AM0003

Controlling Anger AM0209

Post-Combat Risk-Taking Behaviors  
ML0134

Audience – Children/Teens

Anger Management for Teens AM0003

**2. CHILDREN/TEENS: Activities-  
Based Presentations**

**Audience – Children/Teens**

Activities for Children's Reunion ages 6-  
12 C0097

All Feelings are OK C0126

Anger Management for Teens AM0003

Appropriate School Bus Behavior C0219

Bully Busting Activities (1st – 8th grade  
instructor's guide) C0017

Challenges of Changing Schools C0186

Communication for Teens C0014

Emotional Intelligence Activities for  
Children Ages 5-7

Emotional Intelligence Activities for  
Children Ages 8-10

Emotional Intelligence Activities for  
Children Ages 11-12

Emotional Intelligence Activities for Children Ages 13-18  
Entering the World of Work Focus on Teens C0100  
How to Handle Peer Pressure C0110  
Helping Children Cope with Post-Deployment Issues P0143  
Making Middle School a Positive Experience C02220  
Preparing for Your Parent's Deployment RR0221  
School-Aged Children with Deployed Parents C0005  
Self-Esteem for Teens SI0050  
Supporting Children of Divorce: Activities Based Program for Children Ages 3-5 C0081  
Supporting Children of Divorce: Activities Based Program for School-Aged Children Ages 6-9 C0108  
Supporting Children of Divorce: Activities Based Program for Preteen Children Ages 10 - 12 C0167  
Stress Management for Teens C0120  
Study Skills for Middle School C0189  
Teaching Children How to Get Along: An Instructor's Guide P0185  
Teaching Parents How to Support Their Children Through Divorce P0159  
Teen Dating C0232  
Teens and the Power of Peer Pressure C0110  
Time Management and Organization for Teens SI0092  
When a Sibling Deploys ML0227

### **3. COMMUNICATION**

#### **Audience – Adults**

Avoiding and Putting a Stop to Gossip SI0184  
Building Healthy Marriages RR0121  
Challenges Faced By Dual Military Couples M0225  
Communication and Assertiveness ML0089  
Communication Training ML0015

Coping with Challenges While on R&R RR0150  
How to Deal with the Media ML0178  
How to Handle Crisis Calls RR0176  
How to Talk to Parents: Effective Parent/Caregiver Communication P0010  
Leadership Through Teamwork: The Characteristics of a Team Leader SI0132  
Maintaining a Healthy Marriage during Deployment RR0125  
Making Effective Decisions SI0119  
Parent/Child Communication C0038  
Setting Boundaries SI0161  
The Three "Cs" of Communication C0195  
Tips for Public Speaking ML0087  
Audience – Children/Teens  
Communication for Teens C0014

### **4. COMPASSION FATIGUE**

Caring for an Aging Parent P0188  
Self Care to Prevent Compassion Fatigue ACS0041

### **5. CONFLICT RESOLUTION**

At Risk Service Members: A Guide for Command ML0223  
Avoiding and Putting a Stop to Gossip SI0184  
Building Healthy Marriages RR0121  
Challenges Faced By Dual Military Couples M0225  
Conflict Resolution C0040  
Conflict Resolution with Children ages 4 – 12 C0018  
Conflict Resolution Children ages 13-16 C0043  
Conflict Resolution for Middle School Students C0193  
Cultural Awareness & Sensitivity RR0153  
Culture Shock: Adjusting to Cultural Change RR0151  
Preventing Bullying in the Workplace SI0109

Reverse Culture Shock RR0144  
The Three "Cs" of Communication  
C0195

## **6. DEPLOYMENT**

Challenges Faced By Dual Military  
Couples M0225  
Children & Separations Issues of  
Deployment C0008  
Deployment Survival D0044  
Issues Families Face When the Military  
Deploys D0028  
Maintaining a Healthy Marriage During  
Deployment RR0125  
Military Culture for Family Members  
ML0105  
Mission Based Marriage RR0082  
Pre-Deployment & the Single Service  
Member RR0122  
Preparing for Your Parent's Deployment  
RR0221  
Redeployment RR0089  
Remaining Faithful during Deployment  
M0212  
Supporting the Bereaved at Home &  
Down Range ML0224  
Survive and Thrive as a SERE FT  
Spouse M0210  
Talking to a Deployed Loved One  
RR0084  
The Emotional Cycle of Deployment  
RR0218  
The Stages of Deployment RR0218  
The Military Spouse: Commander and  
Chief on the Home Front ML0203  
The Welcome Home: Community  
Support for the Military RR0191  
Traumatic Event Stress Response  
ML0198  
When a Parent Deploys ages 2-5 C0103  
When a Sibling Deploys ML0227  
When Your Son or Daughter Deploys  
P0179

## **7. DIVERSITY**

Cultural Awareness & Sensitivity  
RR0153  
Culture Shock: Adjusting to Cultural  
Change RR0151  
Diversity and Tolerance D0071  
Effects of Extended Daylight and  
Darkness ML0228  
Preventing Bullying in the Workplace  
SI0108

## **8. DIVORCE**

Facing the Challenges of Divorce  
RR0118  
Issues with Child Visitation P0176  
Parenting Skills for the Single Service  
Member P0131  
Recovering From Divorce RR0093

## **9. GRIEF**

### **Audience – Adults**

Coping with Holiday Grief RR094  
Grief & Loss G0032  
How Children Grieve C0101  
Supporting the Bereaved at Home &  
Down Range ML0224  
Survivor's Guilt ML0202  
Understanding Grief: Education for  
Caregivers ML0088

## **10. MARITAL/COUPLES**

Building Healthy Marriages RR0121  
Caring for an Aging Parent P0188  
Challenges Faced By Dual Military  
Couples M0225  
Creating a Healthy Marriage RR0034  
Emotional Spending RR0139  
Healthy Relationships Skills for Singles  
M0192  
Maintaining a Healthy Marriage During  
Deployment RR0125  
Making Marriage Work after Deployment  
RR0035  
Matri-Money RR0138  
Mission Based Marriage RR082

Principles for Healthy Relationships & Marriages RR0142  
Re-Igniting the Passion After Deployment RR0148  
Remaining Faithful During Deployment M0212  
Return and Reunion Workshop for Spouses RR0114  
Survive and Thrive as a SERE FT Spouse M0210  
The Military Spouse: Commander and Chief on the Home Front ML0203  
The Sandwich Generation ML0152  
The Three "Cs" of Communication C0195

**11. PARENTING: Guides for Parents, Teachers, Caregivers**  
**Audience – Adults**

A Guide for Helping Children Manage Anger C0098  
Appropriate School Bus Behavior C0219  
Building Resiliency in Children: A Parent's Guide C0217  
Building Your Child's Self Esteem P0208  
Bullying: A Guide for Parents and Caregivers C0007  
Caring for an Aging Parent P0188  
Challenges of Changing Schools C0186  
Challenges Faced By Dual Military Couples M0225  
Children and Moving C0204  
Children and Separation Issues of Deployment C0008  
Conflict Resolution with Children ages 4 – 12 C0018  
Conflict Resolution with Children ages 13-16 C0043  
Conflict Resolution for Middle School Students C0193  
Cyber-Bullying C0165  
Developmental Stages for Children Birth to Two Years Old P0021  
Developmental Stages for Children Two to Five Years Old C0102

Developmental Stages 6 – 9 C0123  
Developmental Stages 10 – 12 C0124  
Responding to Toddlers Who Bite & Hit P0133  
Effective Discipline for Young Children ages 2-5 P0039  
Effective Discipline for School Age Children ages 6-9 P0020  
Effective Discipline for Pre-Teens ages 10-12 P0022  
Effective Discipline for Teens ages 13-17 P0023  
Electronics and Your Children P0201  
Emotional Intelligence Activities for Children Ages 5-7  
Emotional Intelligence Activities for Children Ages 8-10  
Emotional Intelligence Activities for Children Ages 11-12  
Emotional Intelligence Activities for Children Ages 13-18  
Enhancing Resiliency in Children C0091  
Fatherhood P0163  
From Couplehood to Parenthood M0170  
Helping Children Cope with Post-Deployment Issues P0143  
Helping the Service Member Reconnect with their Child RR0173  
How Children Grieve C0101  
How to Talk to Parents: Effective Parent/Caregiver Communication P0010  
Introducing a New Baby P0196  
Issues with Child Visitation P0176  
Making Middle School a Positive Experience C02220  
Parent/Child Communication C0038  
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 Study Skills for Middle School C0189

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## **EGLIN RESOURCES**

### **Eglin Airman & Family Readiness Center (A&FRC)**

[www.eglinforcesupport.com](http://www.eglinforcesupport.com) or Facebook: Eglin Airman & Family Readiness Center

Call (850) 882-9060/61 to register or for assistance